



How to cook the perfect egg without oil or butter

BEGINNER RECIPE ●○○

PREP: 1 MINUTE | **COOK:** 3-4 MINUTES | **MAKES:** 1 SERVING

TOOLS: NINJA™ FOODI™ NEVERSTICK™ FRY PAN, SPATULA

INGREDIENTS

1 large egg, cold from refrigerator

DIRECTIONS

- 1 Place pan on burner and preheat on medium to medium-high heat for 2 to 3 minutes on a gas burner, or 4 to 5 minutes on an electric burner.
- 2 Crack egg in pan and let cook for at least 1 minute 30 seconds (up to 2 minutes), or until most of the white has set.
- 3 Use a rubber or metal spatula to carefully flip egg over and cook for an additional minute to set the white. This will yield a runny yolk. Cook an extra 1 to 2 minutes for a firmer yolk.

Is your egg still sticking?

Your pan's forged construction is designed for even heat distribution and control. The thicker professional-gauge aluminum may lead to longer preheat times than you are used to, but the result is a durable, forgiving pan that cooks consistently again and again. We think the wait is worth it and hope you agree.

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How to cook the perfect French omelet without oil or butter

BEGINNER RECIPE ●○○

PREP: 1 MINUTE | **COOK:** 1-2 MINUTES | **MAKES:** 1 SERVING

TOOLS: NINJA™ FOODI™ NEVERSTICK™ FRY PAN, WHISK, RUBBER SPATULA

INGREDIENTS

3 large eggs, cold from refrigerator
Kosher salt and ground black pepper, as desired

DIRECTIONS

- 1 Place pan on burner and preheat on medium to medium-high heat for 3 minutes. In a bowl, whisk eggs until completely blended. Season with salt and pepper as desired.
- 2 Pour whisked eggs into the preheated pan and let cook for 30 seconds. Swirl eggs around pan. Use a rubber spatula to lift the solid edges of the omelet and push them toward the center. Tilt and swirl the pan at a slight angle to expose liquid egg to the hot surface. Repeat this frequently from different directions until there is no more liquefied egg.
- 3 Cook 30 to 60 seconds longer, then run spatula around edges of omelet, tilt pan, and roll omelet out onto plate.

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